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# Oregon ODP Tryouts – Session Plan 2022

# SESSION PLAN (120 min total time)



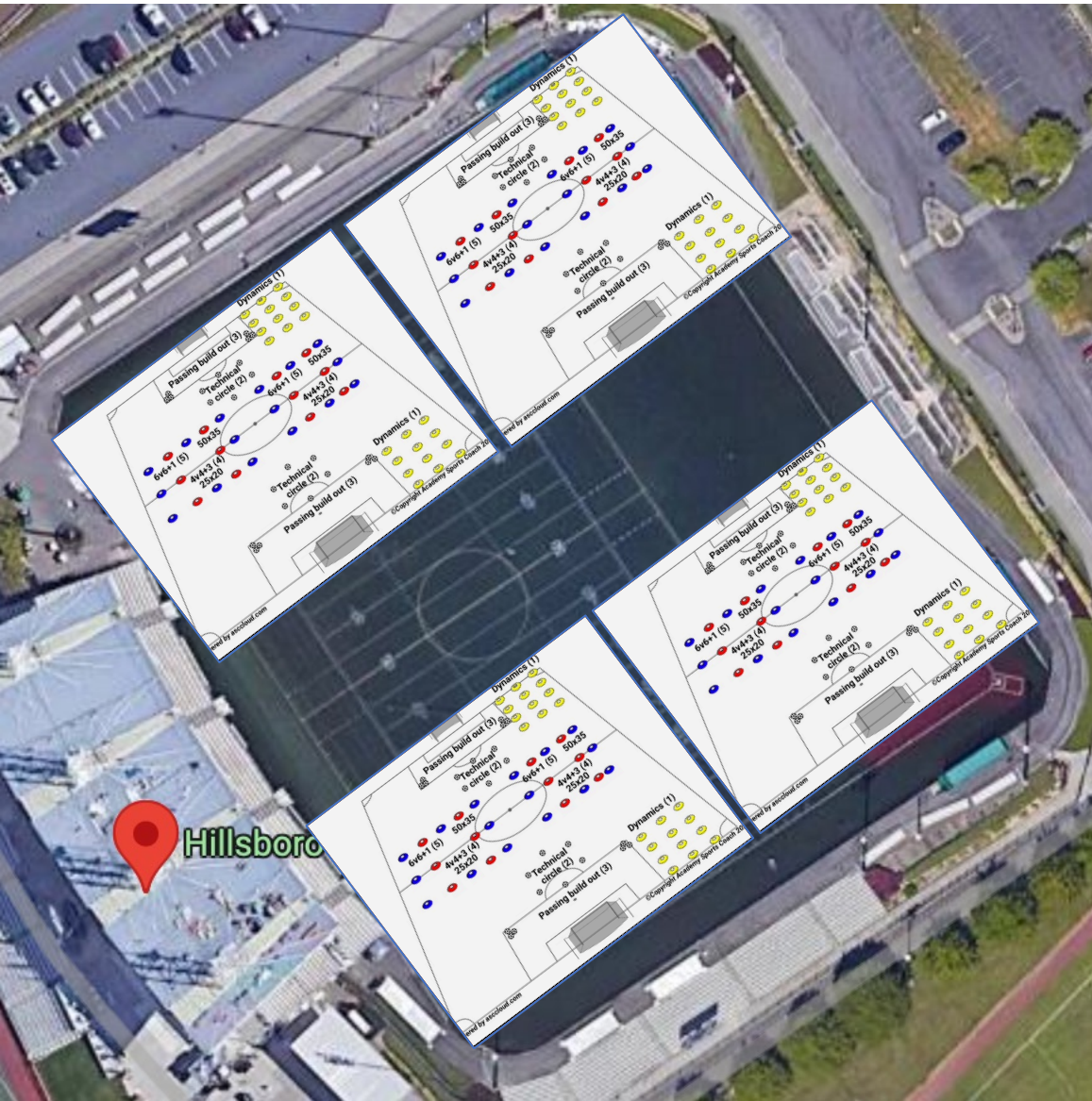
TOTAL warm up is about 35-40 min

1. Movement preparation (8 mins)
2. Technical Circle (6x45s 45s rest/dynamic stretch) (12 mins),
3. 6v6 + 2 target (or 5v5 w 2 targets) (4x3min 1min rest) (16mins)

Transition Period (remove equipment to set up for 9V9-11v11) (5mins)

Game: 9V9-11 v 11 (2x 30 min. 7min half time) (67 mins)

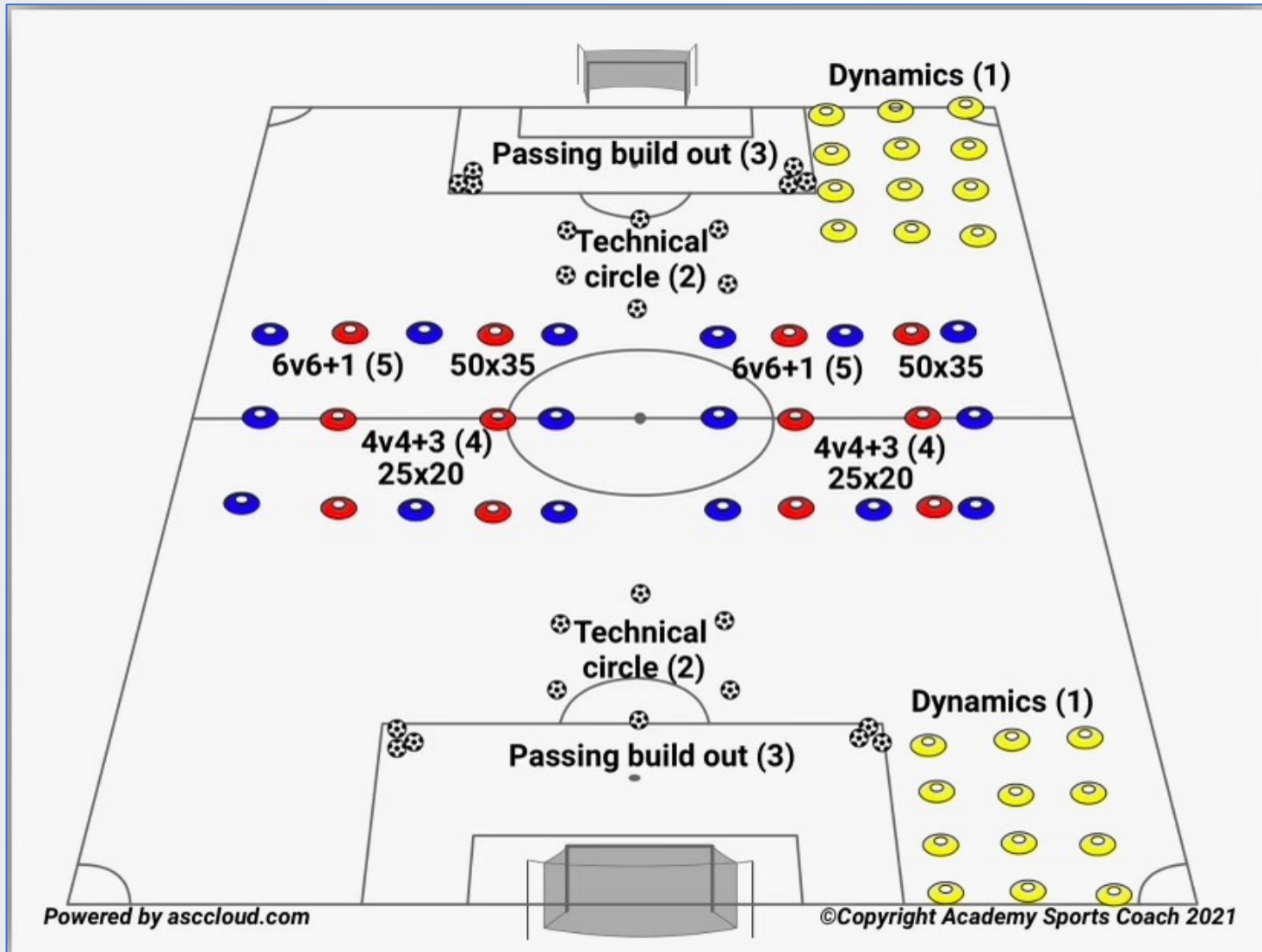
# FIELD LAYOUT (MASTER)



For each individual field that is set out we will have 20-25 players at each (this is if we have 100 players for one time slot).

When we get to the final stage (9v9-11v11) we will use our corner flags as goals for each individual field.

# FIELD LAYOUT (INDIVIDUAL FIELDS)

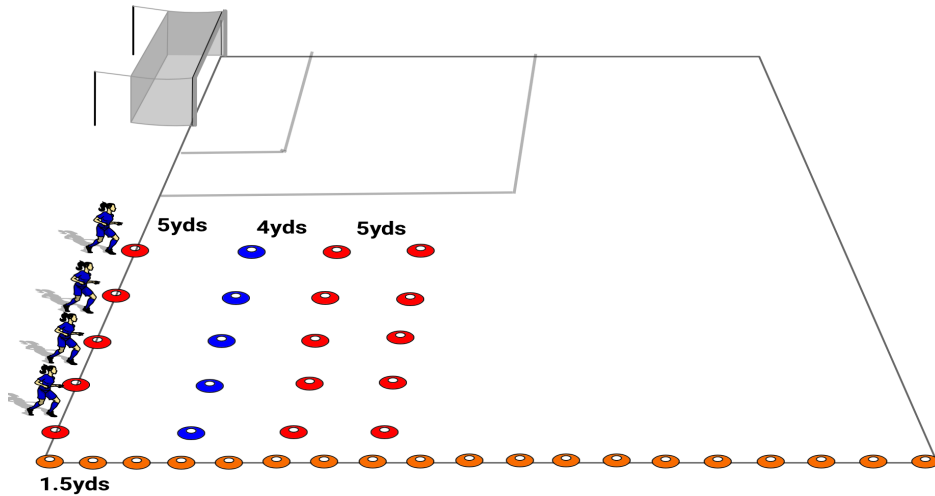


\*We will NOT do #3 "Passing Build Out" or the #5 "4v4 +3" for the tryouts.

We WILL do:

- #1 (dynamics)
- #2 (technical circle)
- Modified #5 (5v5/6v6 +1 to 2 goals + big goal.) \*See upcoming "#5 5v5/6v6" for visual

# #1 DYNAMICS/MOVEMENT PREP: 8 MINUTES



1. Jog
2. Forward Jockey, Backward Jockey
3. Side Shuffle, Side Shuffle opposite side
4. Quads, Jog
5. Sweeps, Jog
6. Groins, Jog
7. Lunge, Jog
8. Cross knee hug, Jog
9. Hips open, Hips closed
10. Kicks Straight Ahead, Kicks-across body
11. High knees, Jog
12. But-kickers, jog
13. 50% Build up to 2<sup>nd</sup> cone, players choice of stretch on way back
14. 75% Build up to 2<sup>nd</sup> cone, players choice of stretch on way back
15. 100% Build up to 2<sup>nd</sup> cone, players choice of stretch on way back

# GOALKEEPER WARMING-UP (will join in for 5v5/6v6)

**I. ACTIVATION / STRETCHES**



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DURATION: 5' FIELD SIZE: INTENSITY:

ORGANIZATION & COACHING POINTS:

- JOG OUT, BACK PEDAL IN X 3
- SIDE SHUFFLE OUT, JOG IN X2
- LIGHT SKIP OUT, JOG IN
- BIGGER SKIP OUT, JOG IN (BRING ARMS UP AND DOWN)
- QUICKER JOG OUT, QUICKER BACK PEDAL IN X 2
- HAMSTRING STRETCH OUT, QUAD STRETCH
- GROIN STRETCH GOING OUT, CALF STRETCH GOING IN
- TWO MINS OF INDIVIDUAL STRETCHING
- FOOTWORK WITH 6 YARD BURST X2, WALK BACK TO START

**II. BASIC PASSING AND SUPPORT.**



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DURATION: 5' FIELD SIZE: INTENSITY:

ORGANIZATION & COACHING POINTS:

- ONE GOALKEEPER IN GOAL, TWO REMAINING GOALKEEPERS GO EITHER SIDE OF THE ARC, COACH CENTRAL (DEPENDING ON #s OF GKs)
- TWO TOUCH PASSING/ONE TOUCH PASSING.
- ROTATE AFTER X NUMBER OF PASSES.
- GOALKEEPERS EITHER SIDE OF ARC START TO MOVE TO CORNER OF 18 YARD BOX AND BEYOND FOR DRIVEN & SKIPPED PASSES

**III. HANDLING**



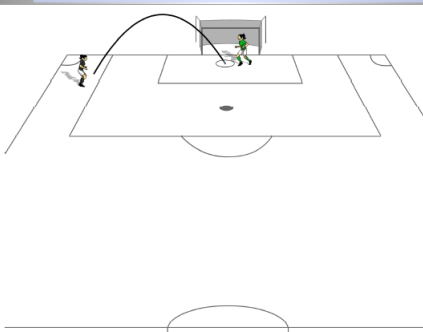
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DURATION: 5' FIELD SIZE: INTENSITY:

ORGANIZATION & COACHING POINTS:

- SIX STRIKES FROM THE ANGLE FROM THE FLOOR (BOTH LEFT SIDE AND RIGHT SIDE OF GOAL)
- FOUR VARIETIES OF SERVICE WHERE THE BALL SKIPS INTO THE GOALKEEPERS OFF THE FLOOR - FROM THE ANGLE (BOTH LEFT AND RIGHT SIDE OF THE GOAL)
- THREE DIVES TO THE LEFT AND THREE DIVES TO THE RIGHT – INVOLVING MOVEMENT BASED ON THE GOALKEEPERS PREFERENCE.

**IV. CROSSES**



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DURATION: 5' FIELD SIZE: INTENSITY:

ORGANIZATION & COACHING POINTS:

- EIGHT CROSSES FROM LEFT
- EIGHT CROSSES FROM RIGHT

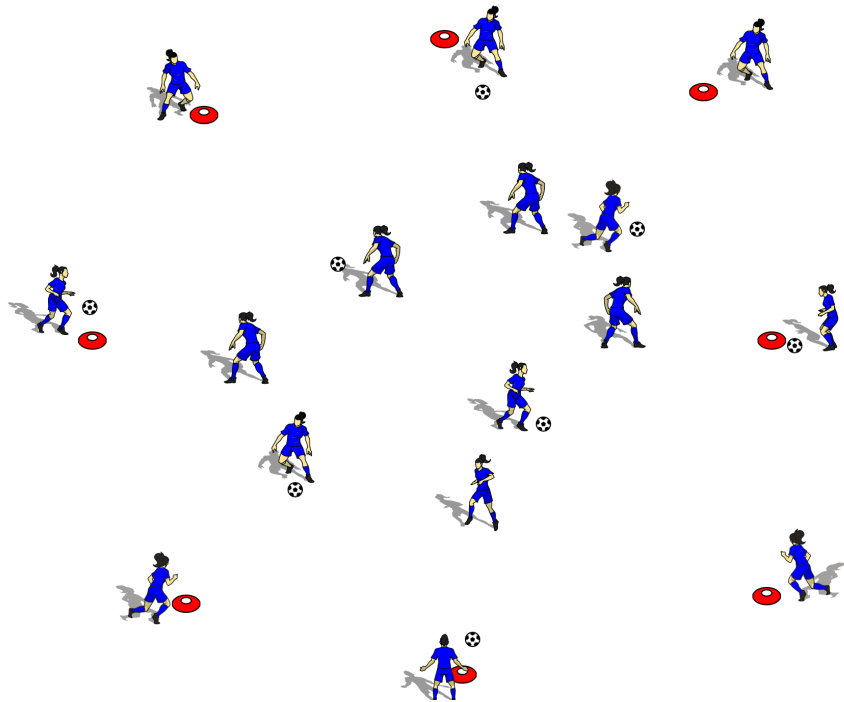
VARIETY OF SERVICE FROM DIFFERENT RANGES. (Include cut backs, low cross, driven, lofted crosses)

*NON WORKING GOALKEEPERS CAN PROVIDE LIGHT PRESSURE*

SOME GOALKEEPERS LIKE TO TRANSITION WITH HALF VOLLEY/SIDE VOLLEY INTO A TARGET DOWN THE FIELD.

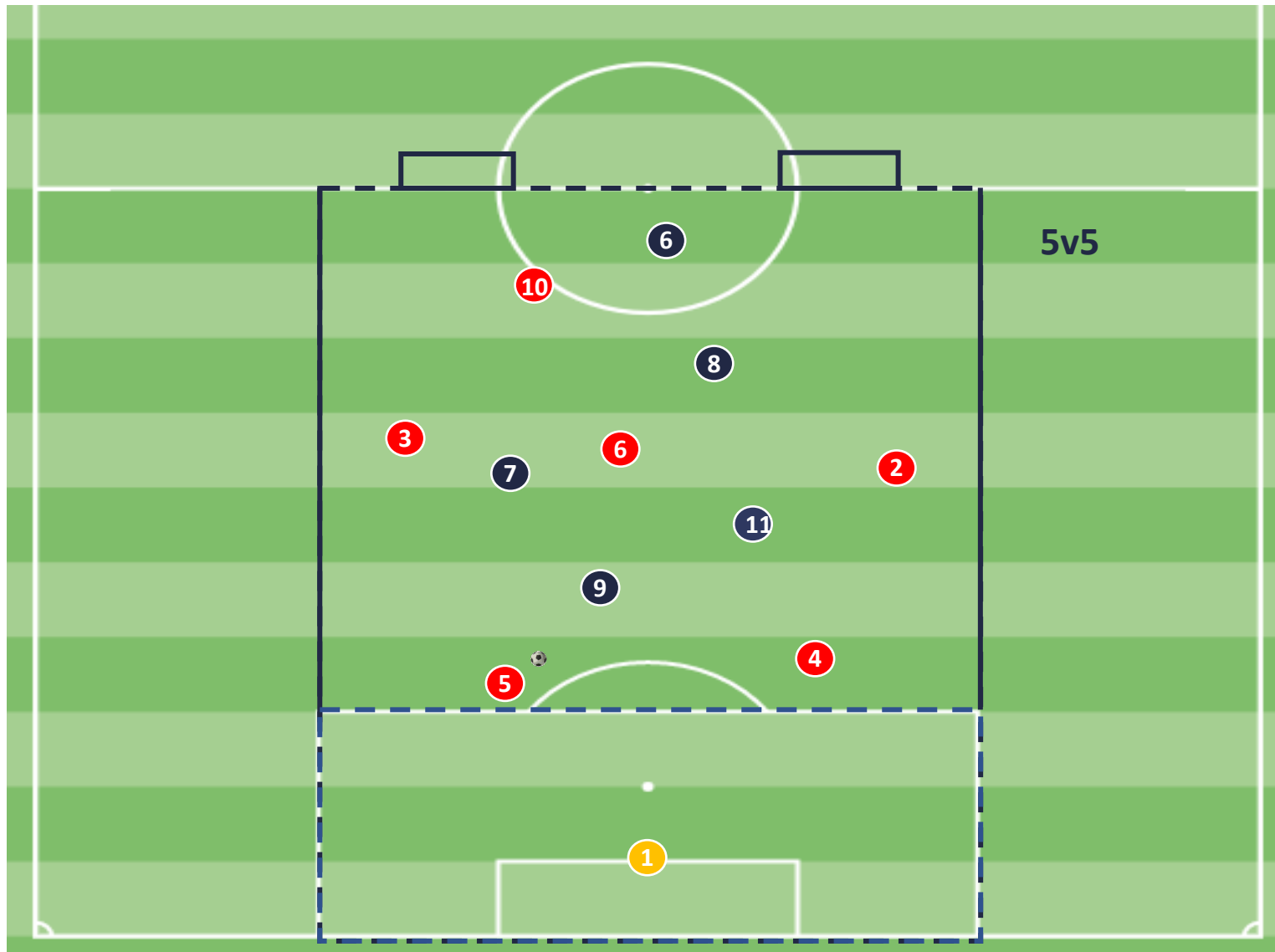
*IF WORKING WITH MULTIPLE GOALKEEPERS – CAN SPLIT THE REPS AS NEEDED.*

## #2 TECHNICAL CIRCLE: 12 MINUTES



- 45 seconds – 3 changes of direction, dribble out exchange with an outside player
- 45 seconds dynamic stretching
- 45 seconds – 2 changes of direction, high low high, exchange with an outside player
- 45 seconds dynamic stretching
- 45 seconds – 2 changes of direction, wall pass, exchange with an outside player
- Repeat each x2
- You will most likely have 2-3 circles going at once at your field.

# #5 5V5/6V6- 2 GOALS/ENDZONE (16 minutes)



**Time: 4 x 3 Minutes – 1 minute rest/coaching.**

Red team: can score in 2 small goals.

Blue team: can score by line dribble (when not playing with GK) or Goalkeeper (when playing with GK)

Role coach: Quick start Put players in formation/position on field. Start the game and organize both teams. Create conditions that teams play in their shape.

Depending on how many players you have you can create 3 teams of 5 players and rotate: a-b, b-c, a-c or create 2 teams of 6 players (you add extra midfielder)

1<sup>st</sup> Block: Coaching Attacking principles

2<sup>nd</sup> Block: Coaching Defending principles

3<sup>rd</sup> Block: Free play

## **Attacking:**

- 1.Create attacking team shape
  - 1.1.Height, Width Depth
  - 1.2.Create optimal attacking distances between players
- 2.Provide Options to play forward  
Provide vertical or diagonal passing options

## **Defending**

- 1.Create defending team shape
  - 1.1.Make compact: vertical and horizontal
  - 1.2.Create optimal defending distances between players



# THE GAME IDEA

## TEAM IN POSSESSION ATTACKING

When in possession, we want to dominate by **advancing the ball quickly** in the attacking half with **high energy** and **high tempo**.

Create balance with a **minimum of 5 players ahead of the ball** and use our **positioning to create an advantage** over the opponent, **create goal scoring chances**, and **score**.

### DEFENDING THIRD – TEAM KEY OBJECTIVE

- Advance the ball
- Keep the ball

### MIDDLE THIRD-TEAM KEY OBJECTIVE

- Advance the ball
- Keep the ball

### ATTACKING THIRD-TEAM KEY OBJECTIVE

- Score goal
- Create goal scoring chance (assist)
- Advance the ball
- Keep the ball



STYLE OF PLAY  
ATTACKING



MAIN PRINCIPLES

SUB-PRINCIPLES

**1. CREATE ATTACKING TEAM SHAPE**

POSITION TO STRETCH OPPONENT AND CREATE SPACE

1.1. CREATE APPROPRIATE HEIGHT, WIDTH, DEPTH

1.2. CREATE OPTIMAL ATTACKING DISTANCES BETWEEN PLAYERS

**2. PROVIDE OPTIONS TO PLAY FORWARD**

(RE-)POSITION TO CREATE ADVANTAGE AND RECEIVE THE BALL

2.1. PROVIDE VERTICAL OR DIAGONAL PASSING OPTIONS

2.2. OVERLOAD CENTRALLY OR WIDE

2.3. MOVE OR LOSE OPPONENT WHEN MARKED

2.4. MAKE RUNS BEHIND THE DEFENSIVE LINE

2.5. GIVE IMMEDIATE SUPPORT TO TEAMMATE UNDER PRESSURE

# THE GAME IDEA

## TEAM OUT POSSESSION DEFENDING

When out possession, we want to dominate by **making play predictable** and creating conditions to **win the ball back as early and high up the field as possible.**

**Make the field small, reduce the opponent's time, space and options.**

ATTACKING THIRD – TEAM KEY OBJECTIVE	MIDDLE THIRD-TEAM KEY OBJECTIVE	DEFENDING THIRD-TEAM KEY OBJECTIVE
<ul style="list-style-type: none"><li>• Regain the ball</li><li>• Force an inaccurate pass or inaccurate ball control</li><li>• Force into a pressing zone</li><li>• Prevent the opponent from playing forward and deny penetration from the dribble</li></ul>	<ul style="list-style-type: none"><li>• Regain the ball</li><li>• Force an inaccurate pass or inaccurate ball control</li><li>• Force into a pressing zone</li><li>• Prevent the opponent from playing forward and deny penetration from the dribble</li></ul>	<ul style="list-style-type: none"><li>• Prevent goal</li><li>• Deny a goal scoring chance</li><li>• Prevent the opponent from playing forward and deny penetration from the dribble</li><li>• Force an inaccurate pass or inaccurate ball control</li><li>• Force into a pressing zone</li><li>• Regain the ball</li></ul>



STYLE OF PLAY  
**DEFENDING**



MAIN PRINCIPLES

SUB-PRINCIPLES

**1. CREATE DEFENDING TEAM SHAPE**

POSITION TO CREATE COMPACT TEAM ORGANIZATION AND REDUCE SPACE

1.1. MAKE TEAM COMPACT: VERTICAL AND HORIZONTAL

- (RE-)POSITION TO CREATE HIGH FRONT LINE
- (RE-)POSITION TO CREATE HIGH DEFENSIVE LINE

1.2. CREATE OPTIMAL DEFENDING DISTANCES BETWEEN PLAYERS

**2. BUILD PRESSURE ON THE BALL**

CREATE CONDITIONS TO WIN THE BALL OR TO PREVENT FORWARD PLAY

2.1. MOVE AS A COLLECTIVE UNIT: MAKE PLAY PREDICTABLE

2.3. ENGAGE WHEN CHANCE OF REGAINING THE BALL

2.4. PROVIDE COVER AND BALANCE: ELIMINATE PASSING OPTIONS

2.5. PREVENT THE SWITCH: KEEP OPPONENT ON ONE SIDE

2.6. PROTECT SPACE IN BEHIND: ANTICIPATE LONG BALL

# COACH RECOMMENDATIONS

## SMALL SIDE GAMES & GAME 11V11

### **SMALL SIDED GAMES**

Position players immediately in the exercise and let them play and then start organizing.

### **DURING THE 11V11 GAME:**

One coach coaches at the time (for both teams). When taking a coaching moment, the coach can stand up and walk to the line. Other coaches stay.

### **PRE GAME TALK & HALF TIME TALK**

Use of tactical board/cones: Left is left, and right is right. When players are in front of the board, they can see the field in front of them.

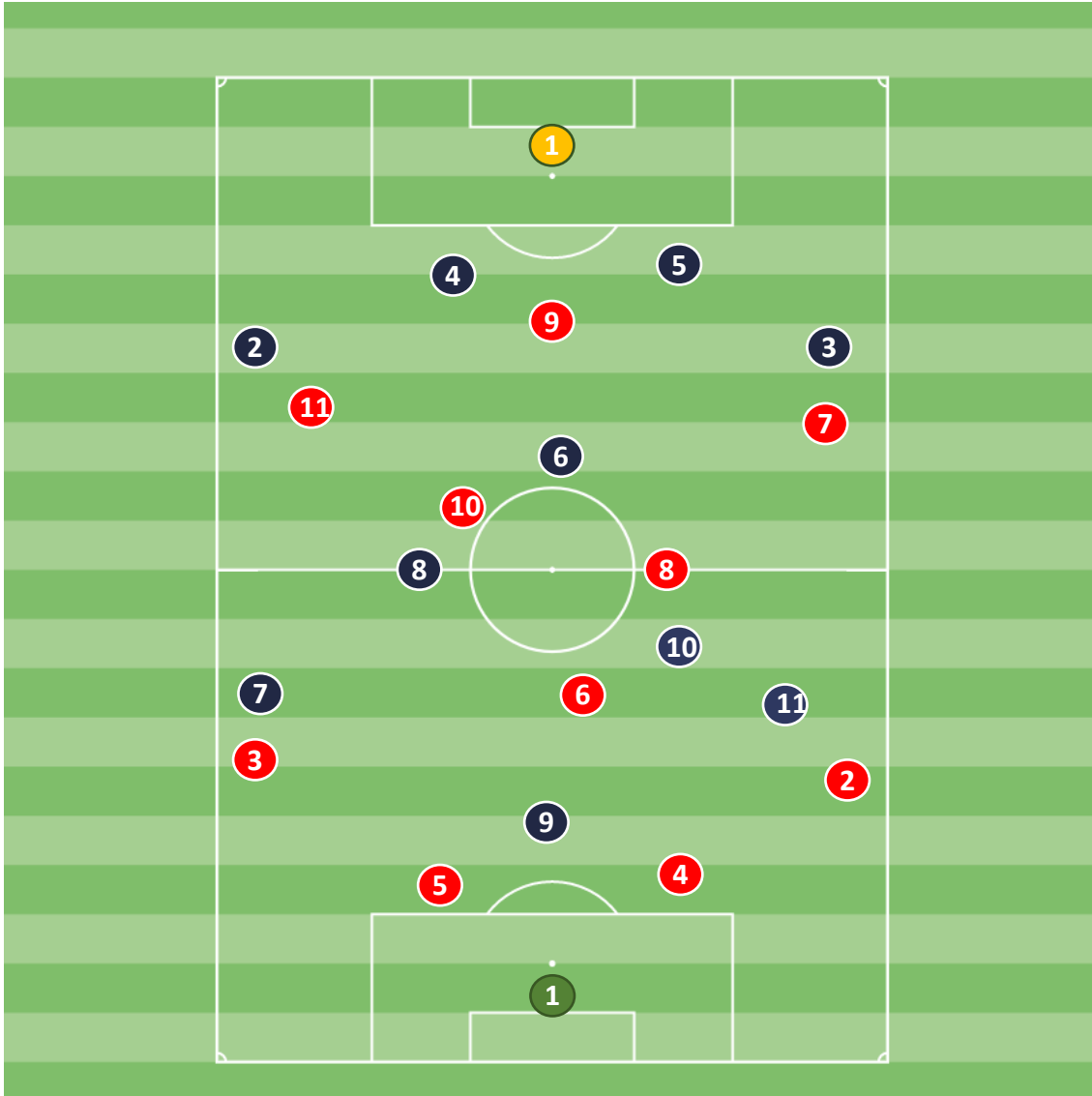
### **AT THE HALF TIME**

One coach is doing the half time talk . Only discuss in order or the principles use the structure (steps in right order). Ask guiding questions.

Make sure that you keep the attention of the players (how do you position as coach. Nothing in your back).

Goalkeepers are part of the half time talk.

# GAME: 9v9-11v11 (2x30 MINUTES. 7min HALF TIME)



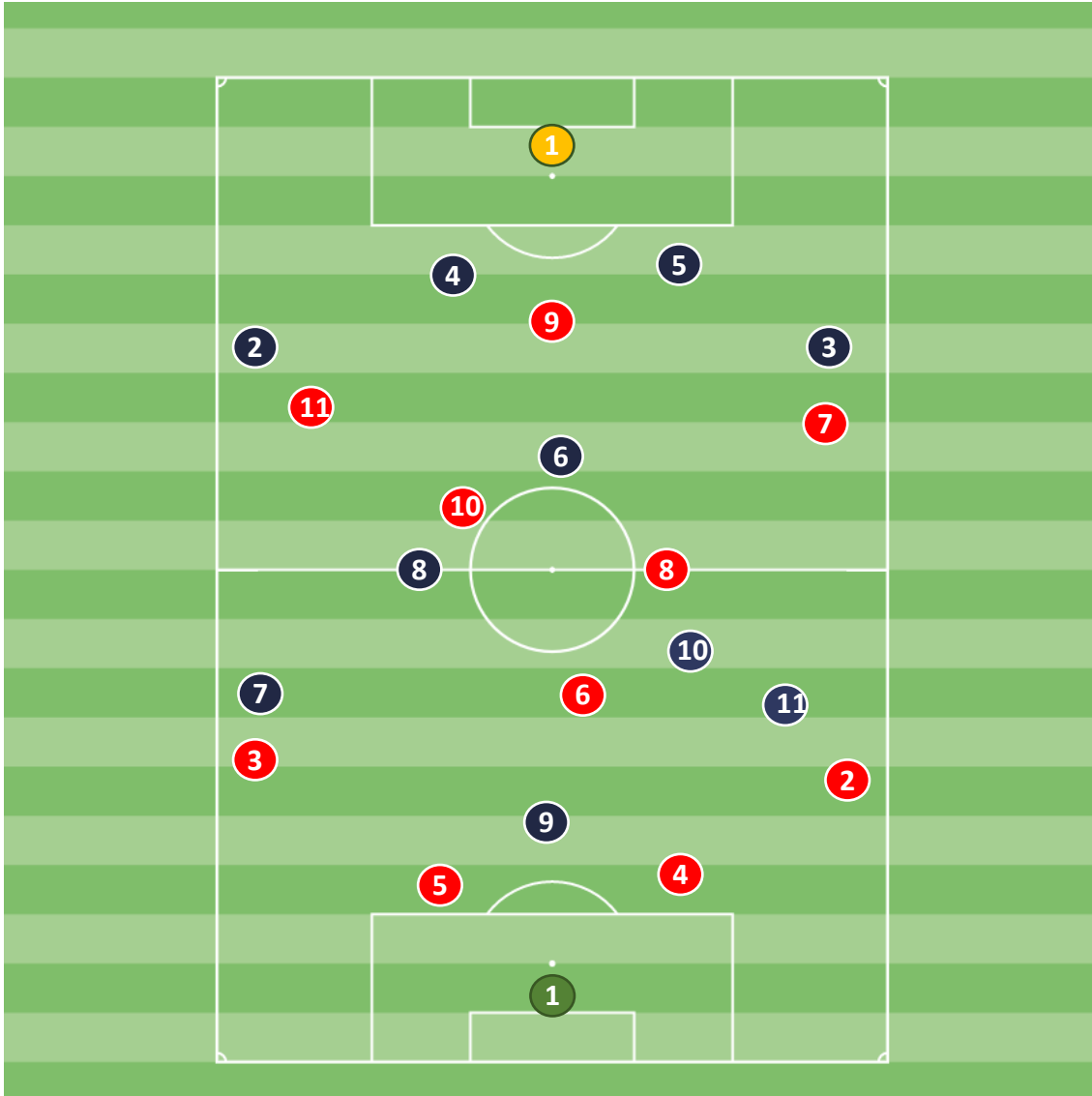
**Pre-game** - Attacking style of principles only (use tactical board/cones)

**First half** – 15 mins free play, if necessary, coach in the flow of the game (team, line, individual).  
Attacking style of play principles only.

**Halftime** – Defending style of principles only (use tactical board/cones). Friendly reminder of attacking style of principles.

**Second half** - 15 mins free play, if necessary, coach in the flow of the game (team, line, individual).  
Defending style of play principles only.  
(no subs during interventions).

# GAME: 9v9-11v11 (2x30 MINUTES. 7min HALF TIME)



**First half** – 15 mins free play, if necessary, coach in the flow of the game (team, line, individual). Attacking style of play principles only. (no subs during interventions)

## Example interventions:

- Attacking team has not created width, depth & Height to to unbalance/disorganize opponent and create space
- Attacking team has not created conditions to progress the ball forward (no vertical or diagonal passing options/no creation over numerical advantages/no runs behind the backline when no pressure on the ball)

## Style of Play Principles - ATTACKING

### 1.Create attacking team shape

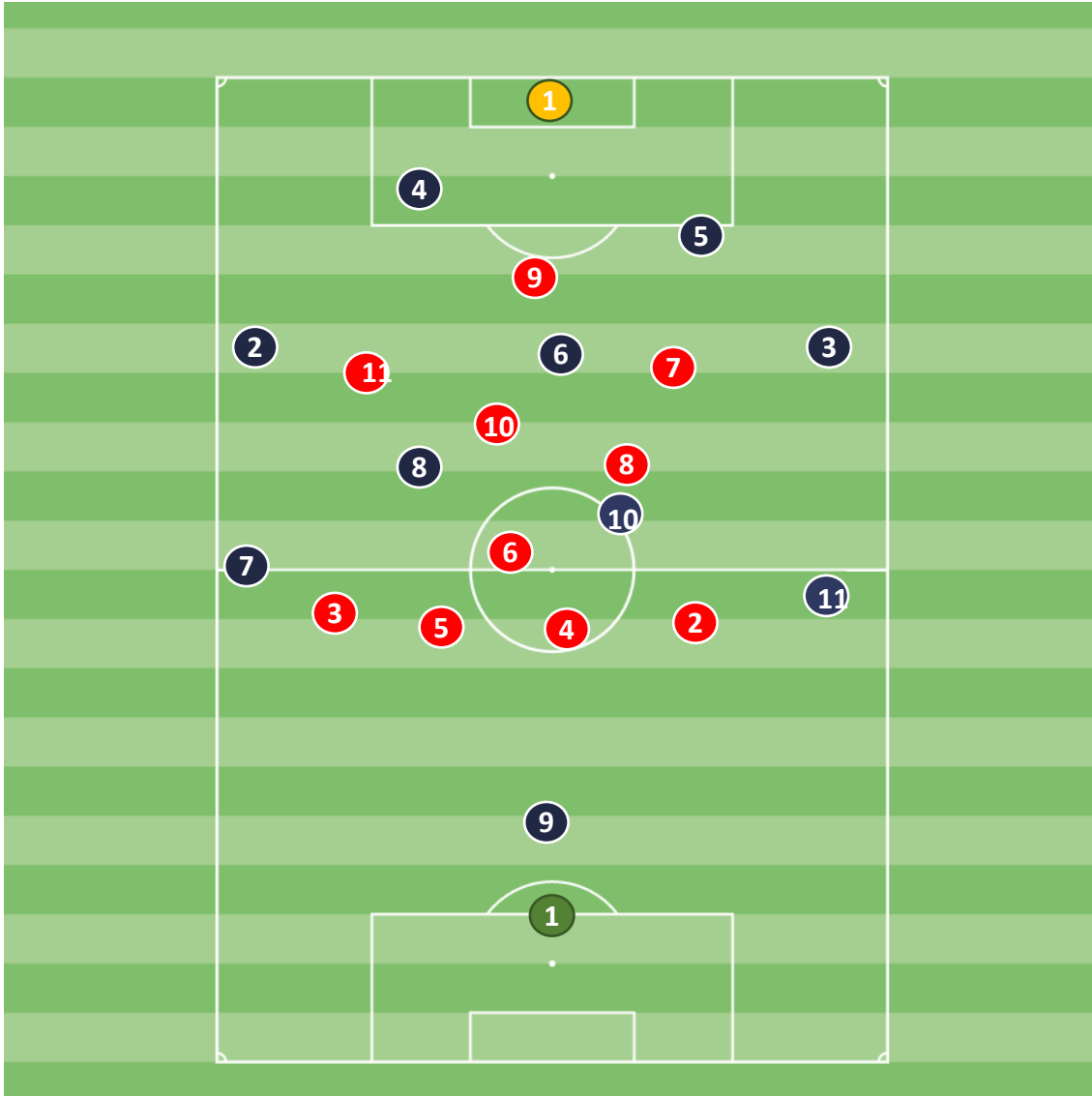
1.1.Create appropriate Height, Width Depth

1.2.Create optimal attacking distances between players

2.Provide Options to play forward

Provide vertical or diagonal passing options

# GAME: 9v9 11v11 (2x30 MINUTES. 7min HALF TIME)



**Second half** - 15 mins free play, if necessary, coach in the flow of the game (team, line, individual). Defending style of play principles only. (no subs during interventions). Friendly reminder at half time of the attacking style

## Example interventions:

- Defending team has not created a high offensive line that invites the opposition to build out but reduces the spaces that they can use.
- Defending team has not built pressure on the ball (no forcing to one side, not applying pressure to the player on the ball, not having a regain mentality).

## Style of Play Principles – Defending

### 1. Create defending team shape

1.1. Make compact: vertical and horizontal

1.2. Create optimal defending distances between players



# TRYOUT SELECTIONS

- Rank players using the Oregon ODP Evaluation Document (scale of 1-4, 4 being the highest). This document will be provided to the coaches and evaluators who are present.
- After tryouts Head Coach will provide a “Y or N” list and share with the coach that will be present on Sunday.
- I do encourage you to consult with last year’s coaches if you have additional questions.
- Use the provided Oregon ODP Evaluation Document that includes rating sheet.
  
- Look for players who execute with *Optimal Technical Ability*.
- Look for players who *Take Initiative*.
  
- There is no set amount of players to keep per age group.
- If there are enough quality players, then we will have a larger player pool, if not, keep enough players to accommodate injuries, etc.
  
- No evaluations will be provided directly to the players.
- Be sure that the player is able to play in their preferred position at some point during the tryouts.
- Be aware of 3<sup>rd</sup> and 4<sup>th</sup> Quarter birth players. Take note of their maturation.
  
- Coaches are not permitted to talk with players about club soccer.
- Recruitment of players will result in immediate termination from the Oregon ODP program.